

### **Agenda for week 1**

We will go over classroom rules and learn proper procedures for fire drills, lockdown drills, tornado drills, and earthquake drills. I will assign lockers and locks to those who want them. We will play large group games and tag games. Students are not be required to dress out.

### **Agenda for week 2**

Students will be required to dress out starting this week. We will go outside and walk/jog to prepare for fitness testing. We will play co-operative learning games and large group games.

### **Agenda for week 3**

Volleyball unit will start. We will work on skills and drills for volleyball. We will use small nets for games. The students will continue to walk and jog outside.

### **Agenda for week 4**

We will continue with volleyball and play games on large net and small nets using beach ball and trainer balls. Conditioning will continue.

### **Agenda for week 5**

Physical fitness testing will start. Pull-ups on Monday, mile run on Tuesday, sit and reach on Wednesday, and sit-ups on Thursday. We will play a large group game on Friday.

### **Agenda for week 6**

Physical fitness testing will continue. We will start the shuttle run on Monday and get all the make-ups done throughout the week.

### **Agenda for week 7**

Football unit will start. The students will pass, catch, punt, and kick a football. I will teach them offensive formations and defensive formations.

### **Agenda for week 8**

The students will play ultimate football and flag football games.

### **Agenda for week 9**

Our first Health unit will start with learning about First Aid. Nurse Poulsen will lead the class.